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Can urethritis be caused by masterbating too hard?

5 years ago (2008-03-05 06:12:17 +0000) Report Abuse

[treegirl](#)

Best Answer - Chosen by Asker

While sk8ter posted a pretty good review article summing up urethritis, here's the deal:

YES, you can get urethritis from masturbating too hard. When you masturbate too vigorously, you can injure and irritate your genitals as well as the opening of your [urethra](#) (located right there beneath your clitoris). Combine rough friction with a germ-covered hand, and you have the recipe for an infection.

Take the meds as directed. Don't stop taking them early just because the symptoms subside. Let your urethra heal for a week. And in the future, either wash your hands with hot, soapy water before masturbating and use some [KY Jelly](#) to reduce friction, or switch to using water from the showerhead or a bathtub faucet.

Source(s):

I work for your friendly local health department.

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Asker's Rating: *****

Thanks, very helpful!

[Gumdrop Girl](#)

Other Answers (1)

Urethritis may be caused by bacteria or a virus. The same bacteria that cause urinary tract infections (E. coli) and some sexually transmitted diseases (chlamydia, gonorrhea) can lead to urethritis. Viral causes of urethritis include herpes simplex virus and cytomegalovirus.

People who are sensitive to the chemicals used in spermicides or contraceptive jellies, creams, or foams may develop urethritis.

Injury may also cause urethritis.

Men between the ages of 20 and 35, those with multiple sexual partners, and those who engage in high-risk sexual behavior (such as anal sex without a condom) have the highest risk for urethritis. Young women in their reproductive years are also at risk. A prior history of sexually transmitted diseases raises one's risk of urethritis.

Symptoms [Return to top](#)

In men:

Burning pain while urinating (dysuria)
Increased urinary frequency or urgency
Itching, tenderness, or swelling in penis or groin area
Fever (rare)
Discharge from penis (usually moderate, yellow or clear, possibly purulent)
Pain with intercourse or ejaculation
Blood in the urine or semen
In women:

Burning pain while urinating
Increased urinary frequency or urgency
Fever and chills
Nausea and vomiting
Abdominal pain
Vaginal discharge
PID (pelvic inflammatory disease)
Other infections of reproductive organs (cervicitis, salpingitis)
Fertility problems
Pelvic pain
Ectopic pregnancy
Complications of pregnancy (miscarriage, preterm delivery, premature rupture of membranes, fetal infection, postpartum infection)
Exams and Tests [Return to top](#)

The health care provider will perform a physical examination. For men, the areas to be examined include the abdomen, bladder area, penis, and scrotum. A digital rectal exam will also be performed. The physical exam may reveal tender and enlarged lymph nodes in the groin area, discharge from the penis, or a tender and swollen penis.

For women, areas to be examined include the abdominal and pelvic exams. The health care provider will check for lower abdominal tenderness, uterine tenderness, and discharge from the urethra.

The following laboratory tests may be done:

Urinalysis and urine cultures
Tests for gonorrhea and chlamydia and other sexually-transmitted diseases
Pregnancy test (women only)
CBC (complete blood count)
C-reactive protein test
Pelvic ultrasound (women only)
Treatment [Return to top](#)

The goal of therapy is to improve symptoms, prevent spread of infection, and eliminate the cause of infection. Antibiotic therapy should target the specific organism causing the infection. In some cases, antibiotics may need to be given by IV. Pain relievers (including pyridium, which works specifically on the urinary tract) may be used along with antibiotics.

Persons with urethritis who are being treated should avoid sex or use condoms during sex. If an infectious organism is the cause of the inflammation, the patient's sexual partner must also be treated.

Urethritis caused by trauma or chemical irritants is treated by avoiding the source of injury or irritation.

Outlook (Prognosis) [Return to top](#)

With appropriate diagnosis and treatment, urethritis usually clears up without any complications. However, urethritis can lead to permanent damage to the urethra and other genitourinary organs in both men and women.

Possible Complications [Return to top](#)

Men with urethritis are at risk for the following complications:

- Cystitis (bladder infection)
- Pyelonephritis (kidney infection)
- Epididymitis
- Orchitis (testes infection)
- Prostatitis (prostate infection)
- Urethral stricture (narrowing of the urine channel in the penis)

Women with urethritis are at risk for the following complications:

- Cystitis (bladder infection)
- Pyelonephritis (kidney infection)
- PID (pelvic inflammatory disease)
- Cervicitis (infection of the cervix)
- Salpingitis (infection of the ovaries)
- Fertility problems
- Ectopic pregnancy
- Miscarriage
- Other complications of pregnancy

When to Contact a Medical Professional [Return to top](#)

Call your health care provider if you have symptoms of urethritis.

Prevention [Return to top](#)

Some causes of urethritis may be avoided with good personal hygiene and by practicing safer sexual behaviors such as monogamy (one sexual partner only) and using condoms.

References [Return to top](#)

Lyon CJ . Urethritis. Clin Fam Pract. 2005 Mar; 7(1); 31-41.

Walsh PC. Campbell's Urology. 8th ed. St. Louis, Mo: WB Sanders; 2002:673-678.

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Updated by: Neil D. Sherman, MD, Urologist, Essex County, NJ. Review provided by VeriMed Healthcare Network.
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 [ska8ter](#)
